



ALLERGEN & INGREDIENT INFORMATION

FOOD MENU ITEM STANDARD INGREDIENTS



This table shows the standard ingredients that are used in each menu item. It is not designed to provide allergen or ingredient listing information.

Use this table to identify the ingredients in the menu item then look up each ingredient in the allergen information table or ingredients listing to find the allergen or ingredient details, respectively.

Removing an ingredient may not eliminate its presence. Any ingredient in our kitchen may be present in menu items. This is not shown in the below information.

- KEY:**
- X** Denotes ingredient in the menu item
 - GB** Ground Beef is the only filling option for the \$3 Tacos
 - Available in two options
 - PSM** Pulled Shiitake Mushroom is the only filling option for the Mexi Mayo Shiitake Taco

CSR Caesar Salad, Caesar Burrito & Caesar Cali Burrito fillings are limited to Grilled Chicken, Grilled Steak & Pulled Shiitake Mushroom

	BURRITO	BOWL	ENCHILADA	CAESAR BURRITO	CALI BURRITO	CAESAR CALI BURRITO	NACHOS	NACHO FRIES	HARD OR SOFT TACOS	MEXI MAYO SHIITAKE TACO	\$3 TACO	CAESAR SALAD	SALAD	KIDS NACHOS	KIDS BURRITO	QUESADILLA	QUESADILLA PLUS
Flour Tortilla	X		X	X	X	X			•	X					X	X	X
Corn Tortilla (Hard taco shell (seasoned))									•		X						
White Rice	X	X	X												X		
Black Beans	X	X	X				X										
Filling of Choice*	X	X	X	CSR	X	CSR	X	X	X	PSM	GB	CSR	X	X	X	X	X
Tomatillo Salsa	X	X	X		X		X	X	X	X							
GYG Spicy Sauce (Spicy Only)	X	X	X	X	X	X	X	X	X	X	X		X	X	X	X	X
Cheese	X	X	X	X	X	X	X	X	X		X	X		X	X	X	X
Pico de Gallo (fresh tomato salsa)	X	X	X	X	X	X	X	X	X	X			X				X
Guacamole			X		X		X	X									X
Corn Chips		X	X	X		X	X					X		X			
Chipotle Mayo													X				
Sour Cream			X		X			X									X
Pickled Jalapeños & Carrots (Spicy Only)					X			X									
Fries with Chipotle Seasoning					X	X		X									
Cos Lettuce				X		X						X					
Carrot Discs													X				
Cucumber Slices													X				
Lettuce (Iceberg)									X	X	X						
Lime Wedge (on request)									X		X						

BREAKFAST BURRITO & BIG BREAKFAST BURRITO	SCRAMBLED EGGS	GUACAMOLE ON TOAST	AVOCADO ON TOAST	BREKKIE TACO	BREAKFAST QUESADILLA	BREAKFAST QUESADILLA PLUS	CHURROS	CHURRO TOAST
X				X	X	X		
X	X			X	X	X		
				X				
X	X			X	X	X		
X	X			X		X		
		X				X		
	X							
						X		

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Fresh Jalapeños			X		X		X	X									X
Hash Brown																	
Sourdough Bread																	
Scrambled Eggs / Egg Mix																	
Avocado																	
Jalapeño Ketchup																	
Churros																	
Cinnomon Sugar																	
Dulce de Leche																	
Chocolate Sauce																	
Butter																	
Caesar Dressing				X		X						X					

BREAKFAST BURRITO & BIG BREAKFAST BURRITO	SCRAMBLED EGGS	GUACAMOLE ON TOAST	AVOCADO ON TOAST	BREKKIE TACO	BREAKFAST QUESADILLA	BREAKFAST QUESADILLA PLUS	CHURROS	CHURRO TOAST
		X SPICY ONLY	X SPICY ONLY	X SPICY ONLY		X		
X								
		X	X					X
X	X			X				X
			X					
				X				
							X	
							X	X
							•	•
							•	•
								X

ALLERGENS & DIETARY INFORMATION



Menu items may contain gluten, wheat, milk and egg. Removing an ingredient may not eliminate its presence. Any ingredient in our kitchens may be present in menu items. This is not shown in the below information.

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 - NO** Indicates the menu item is not suitable for this dietary preference
 - X** Indicates the menu component not suitable in avoiding the listed allergen, ingredient or dietary preference
 - ~** May contain wheat, gluten, milk and egg
 - #** Soy does not include highly refined oils
 - ∂** Chilli includes paprika and cayenne
- TRACE*** Indicates menu component is made on the same line that also processes products containing these allergens

	SULPHITES	GLUTEN / WHEAT	EGG	MILK	PEANUTS	SESAME	SOY #	HAZELNUT	WALNUT	LUPINS
Avocado (Breakfast only)		~	~	~						
BBQ Sauce		~	~	~						
Black Beans		~	~	~						
Brown Rice		~	~	~						
Butter Chicken Sauce				X						
Caesar Dressing	TRACE* TRACE	~ TRACE*	X	X		TRACE* TRACE	TRACE* TRACE			
Carrot slices		~	~	~						
Cheese		~	~	X						
Chipotle Fries Seasoning		~	~	~						
Chipotle Mayo		~	X	~						
Chocolate Sauce		~	~	X			X			
Churros	TRACE*	X	X	~						

VEGETARIAN	VEGAN	TOMATO	ONION	GARLIC	CHILLI ∂	CORIANDER
	~					
	~		X	X	X	X
	~	X	X		X	
	~		X	X		
	NO	FRESH		FRESH	X	
	NO		X	X		
	~					
	NO					
	NO		X	X	X	
	NO	X	X		X	
	NO					
	NO					

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- FRESH** Indicates that herb or spice is in its fresh form



	SULPHITES	GLUTEN / WHEAT	EGG	MILK	PEANUTS	SESAME	SOY #	HAZELNUT	WALNUT	LUPINS
Cinnamon Sugar		~	~	~						
Corn Chips		~	~	~						
Corn Tortilla (Hard Shell Tacos (Seasoned)		~	~	~						
Dulce de Leche		~	~	X						
Flour Tortilla (Burrito, Enchilada, Soft Taco, Breakfast Taco, Quesadilla, Quesadilla Plus)		X	~	~			X			
Chorizo (Breakfast only)		~	~	X						
Fries with Chipotle Seasoning	TRACE ~	TRACE ~		~						
Fries (Unseasoned)	TRACE ~	TRACE ~	~	~						
Grilled Chicken		~	~	~						
Ground Beef		~	~	~						
Guacamole		~	~	~						
Habanero Salsa (Salsa Station)		~	~	~						
Hash Browns (Breakfast only)	TRACE ~	TRACE ~	~	~						

VEGETARIAN	VEGAN	TOMATO	ONION	GARLIC	CHILLI ð	CORIANDER
	~					
	~					
	~		X	X	X	
	NO					
	~					
NO	NO			X	X	
	~		X	X	X	
	~					
NO	NO		X	X	X	
NO	NO	X	X	X	X	
	~	FRESH	FRESH		FRESH	FRESH
	~	X		X	X	
	~					

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	SULPHITES	GLUTEN / WHEAT	EGG	MILK	PEANUTS	SESAME	SOY #	HAZELNUT	WALNUT	LUPINS
Jalapeño Ketchup		X	~	~						
Ketchup		X	~	~						
Lettuce (Shredded Iceberg)		~	~	~						
Pico de Gallo		~	~	~						
Pickled Jalapeños & Carrots		~	~	~						
Pulled Pork		~	~	~						
Pulled Shiitake Mushroom	X	TRACE*	TRACE*	~			X			
Roasted Jalapeño Salsa (Salsa Station)		~	~	~						
Salad Base (No Filling, Salsa or Dressing)		~	~	~						
Scrambled Eggs (Breakfast Only)		~	X	X						
Sautéed Vegetables with Guacamole		~	~	~						
Shredded Beef Brisket		~	~	~						

	VEGETARIAN	VEGAN	TOMATO	ONION	GARLIC	CHILLI ð	CORIANDER
		~	X	X	X	X	X
		~	X		X		
		~					
		~	FRESH	FRESH			FRESH
		~		X		X	
NO	NO			X	X		
		~		X	X	X	
		~		X	X	X	X
		~					
	NO						
		~	X FRESH	X FRESH		X FRESH	FRESH
NO	NO			X	X	X	

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	SULPHITES	GLUTEN / WHEAT	EGG	MILK	PEANUTS	SESAME	SOY #	HAZELNUT	WALNUT	LUPINS
Smoky Chipotle Salsa (Salsa Station)		~	~	~						
Sour Cream		~	~	X						
Sourdough Bread (Breakfast Only)		X	TRACE*	X		TRACE*	X	TRACE*	TRACE*	TRACE*
Spicy Sauce		~	~	~						
Tomatillo Salsa		~	~	~						
White Rice		~	~	~						

VEGETARIAN	VEGAN	TOMATO	ONION	GARLIC	CHILLI ð	CORIANDER
	~	X	X	X	X	
	NO					
	~					
	~	X	X	X	X	
	~		X	X	X	X
	~		X	X		

INGREDIENTS LIST

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MENU ITEM INGREDIENT	INGREDIENT LIST
Avocado (Breakfast Only)	Avocado, Lemon Juice, Salt.
BBQ Sauce	Sugar, Tomato Paste, Liquid Sugar, Chipotle Peppers In Adobo Sauce (Chipotle Pepper, Water, Tomato Paste, Salt, Sugar, Onion, Acetic Acid), Water, Treacle (Cane Sugar, Water), Apple Puree (Apple, Ascorbic Acid), Worcestershire Sauce, Salt, Acidity Regulator (Acetic Acid), Corn Starch, Burnt Sugar, Spices (Paprika, Pimento, Cinnamon, Nutmeg, Black Pepper, Ginger), Onion Powder, Garlic Powder, Vegetable Gum (Xanthan, Guar), Yeast Extract.
Black Beans	Water, Black Beans, Onion, Tomato Paste, Salt, Jalapeno Chilli, Soybean Oil.
Brown Rice	Water, Brown Rice, Canola Oil, Vegetable Stock [Southern Ocean Sea Salt, Maize Maltodextrin, Cane Sugar, Yeast Extract, Vegetable Power (Onion, Spinach, Garlic and Celery), Natural Vegetable Flavours, Canola Oil, Extra Virgin Olive Oil], Salt.
Caesar Dressing	Canola Oil, Water, Pasteurised Whole Egg, White Vinegar, Parmesan Cheese, Capers, Dijon Mustard, Salt, Liquid Sugar, Corn Starch, Lemon Juice, Yeast Extract, Onion Powder, Vegetable Gum (Xanthan), Garlic Powder, Vegan Worcestershire Sauce, Acidity Regulator (Citric Acid), Spice (Black Pepper).
Carrot Slices	Fresh Carrot.
Cheese	Pasteurised Milk, Salt, Tapioca Starch, Starter Cultures, Enzyme (Non-Animal Rennet).
Chipotle Mayo	Mayonnaise [Canola Oil (Antioxidant (Tocopherols Concentrate, Citric Acid)), White Vinegar, Free Range Egg Yolk, Sugar, Salt, Mustard, Stabilisers (Guar Gum, Xanthan Gum), Antioxidant (Tocopherols Concentrate from Soy, Calcium Disodium Edta)], Smoky Chipotle Salsa [Water, Vinegar, Sugar, Chilli (Chipotle, Red Jalapeno, Ancho, Guajillo), Salt, Onion, Garlic, Modified Corn Starch (Acetylated Distarch Adipate), Tomato Paste, Thickener (Xanthan Gum), Spices (Black Pepper, Bay Leaf, Oregano)].
Chipotle Seasoning (for Fries & Hard Taco Shells)	Salt, Spices (Chipotle, Paprika, Chilli), Sugar, Natural Flavours (from Celery and Yeast Extract), Vegetable Powders (Onion, Garlic), Vinegar Powder [Corn Maltodextrin, Vinegar], Natural Food Acid (Citric Acid), Plant Fibre, Smoke Flavour.
Chocolate Sauce	Gluose, Invert Sugar (Sugar, Water), Dark Chocolate (Cocoa Mass, Sugar, Fat-Reduced Cocoa Powder, Emulsifier (Soy Lecithin), Natural Vanilla Flavouring), Sugar, Cream (Milk), Milk Powder, Canola Oil, Water, Liquid Sugar, Cocoa Powder, Emulsifier (Soy Lecithin), Salt.
Chorizo (Breakfast Only)	Chicken, Water, Fresh Ground Mexican Chiles, Fresh Spices, Salt, Garlic Powder, Fruit Extract, Baking Soda, Collagen Casing.
Churros with Cinnamon Sugar	Churros [Flour, sugar, salt, butter, baking powder, eggs],Cinnamon Sugar [Sugar, Cinnamon, Plant Fibre].
Corn Chips	Whole stoneground corn treated with lime, Water, Calcium hydroxide, Cellulose gum, Guar gum, Maltogenic amylase (Contains Wheat Flour).
Corn Tortilla with Chipotle Seasoning (Hard Taco Shell)	Whole stoneground corn treated with lime, Water, Calcium hydroxide, Cellulose gum, Guar gum, Maltogenic amylase (Contains Wheat Flour), Seasoning [Salt, Spices (Chipotle, Paprika, Chilli), Sugar, Natural Flavours (from Celery and Yeast Extract), Vegetable Powders (Onion, Garlic), Vinegar Powder [Corn Maltodextrin, Vinegar], Natural Food Acid (Citric Acid), Plant Fibre, Smoke Flavour].

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MENU ITEM	INGREDIENT	INGREDIENT LIST
Dulce de Leche		Water, Milk Powder, Brown Sugar, Invert Sugar (Sugar, Water), Humectant (Glycerin), Modified Starch (Acetylated Distarch Adipate), Mineral Salt (Sodium Phosphate, Sodium Bicarbonate), Burnt Sugar.
Flour Tortillas		Unbleached wheat flour, Water, Vegetable shortening (Palm oil), Salt, Baking powder (Sodium acid pyrophosphate, Sodium bicarbonate, Tapioca starch, Monocalcium phosphate), Sugar, Sodium bicarbonate, Fumaric acid, Yeast.
Fries with Chipotle Seasoning		Potato, Canola Oil, Cooking Oil [Vegetable Oil (High Oleic Sunflower Oil, High Canola Oil And Canola Oil), Anti-Foam (Polydimethylsiloxane)], Seasoning [Salt, Spices (Chipotle, Paprika, Chilli), Sugar, Natural Flavours (from Celery and Yeast Extract), Vegetable Powders (Onion, Garlic), Vinegar Powder [Corn Maltodextrin, Vinegar], Natural Food Acid (Citric Acid), Plant Fibre, Smoke Flavour].
Fries with No Seasoning or Salt		Potato, Canola Oil, Cooking Oil [Vegetable Oil (High Oleic Sunflower Oil, High Canola Oil And Canola Oil), Anti-Foam (Polydimethylsiloxane)].
Fries with Salt		Potato, Canola Oil, Cooking Oil [Vegetable Oil (High Oleic Sunflower Oil, High Canola Oil And Canola Oil), Anti-Foam (Polydimethylsiloxane)], Salt.
Grilled Chicken		Chicken Maryland, Marinade [Water, Vinegar, Soybean Oil, Orange Juice Concentrate, Powder Achiote Seed, Salt, Spices (Marjoram, Oregano, Black Pepper, Clove, Cumin, Thyme), Garlic, Guajillo Chilli, Onion, Modified Corn Starch (Distarch Phosphate), Natural Food Acid (Citric Acid, Tartaric Acid)], Canola Oil, Salt.
Grilled Chicken with Butter Chicken Sauce		Chicken Maryland , Marinade [Water, Vinegar, Soybean Oil, Orange Juice Concentrate, Powder Achiote Seed, Salt, Spices (Marjoram, Oregano, Black Pepper, Clove, Cumin, Thyme), Garlic, Guajillo Chilli, Onion, Modified Corn Starch (Distarch Phosphate), Natural Food Acid (Citric Acid, Tartaric Acid)], Canola Oil, Salt, Butter Chicken Sauce [Tomato, Ginger, Garlic, Green Cardamom, Kasuri Methi, Salt, Redchilli Powder, Sugar, Khoya, Cream, Butter, Carrot,].
Ground Beef		Beef, Orange Juice, Tomato Paste (Contains Citric Acid), Garlic, Onion, Herb & Spices(Smoked Paprika, Cayenne Powder, Cumin, Garlic Powder, Onion Powder, Black Pepper, Oregano), Tapioca Starch, Salt.
Guacamole		Fresh Avocado, Pico De Gallo [Fresh Tomato, Fresh Spanish Onion, Fresh Coriander, Lemon Juice, Salt], Lemon Juice, Salt, Fresh Jalapeno.
Habanero Salsa		Water, Vinegar, Chilli (Jalapeno, Habanero), Sugar, Tomato Paste, Salt, Tamarind Pulp, Orange Juice Concentrate, Natural Food Acid (Citric Acid, Ascorbic Acid), Thickener (Xanthan Gum), Spices (Garlic, Black Pepper, Paprika, Turmeric).
Hash Browns (Breakfast Only)		Potatoes, Edible Vegetable Oil (Refined Palmolein Oil), Corn Flour, Salt, Dextrose.
Jalapeno		Fresh Jalapeño.
Jalapeno Ketchup		Ketchup [Concentrated Organic Tomatoes, Organic Sugar, Salt, Organic White Vinegar (from Wheat), Natural Flavour (Contains Garlic), Spice], Roasted Jalapeno Salsa [Water, Chilli (Jalapeno, Poblano), Vinegar, Salt, Spices (Coriander, Cumin, Oregano, Black Pepper), Onion, Modified Corn Starch (Acetylated Distarch Adipate), Natural Food Acid (Tartaric Acid), Sugar, Thickener (Xanthan Gum), Garlic].
Ketchup		Concentrated Organic Tomatoes, Organic Sugar, Salt, Organic White Vinegar (from Wheat), Natural Flavour (Contains Garlic), Spice.

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MENU ITEM INGREDIENT	INGREDIENT LIST
Lettuce (Shredded Iceberg)	Fresh Iceberg Lettuce.
Lime Wedge	Fresh Lime.
Pickled Jalapeños & Carrots	Water, Jalapeño Chilli Pepper, Carrot, Vinegar, Salt, Onion, Soybean Oil, Spices (Oregano, Bay Leaf, Marjoram, Thyme), Firming Agent (Calcium Chloride).
Pico de Gallo	Fresh Tomato, Fresh Spanish Onion, Fresh Coriander, Lemon Juice, Salt.
Pulled Shiitake Mushroom	Mushroom, Water, Coconut Oil, Isolated Soy Protein, Vinegar, Seasoning (Smoked Paprika, Garlic Powder, Onion Powder, Salt), Sugar, Tapioca Starch, Gluten Free Soy Sauce (Water, Soybean, Salt, Sugar, Corn Starch), Yeast Extract, Salt, White Pepper, Black Pepper.
Roasted Jalapeño Salsa	Water, Chilli (Jalapeño, Poblano), Vinegar, Salt, Spices (Coriander, Cumin, Oregano, Black Pepper), Onion, Modified Corn Starch (Acetylated Distarch Adipate), Natural Food Acid (Tartaric Acid), Sugar, Thickener (Xanthan Gum), Garlic.
Salad Base (No Filling, Salsa or Dressing)	Fresh Cos Lettuce
Sautéed Vegetables with Guacamole	Sauteed Vegetables [Capsicum, Onion, Mushroom, Corn], Canola Oil, Salt & Pepper, Guacamole [Fresh Avocado, Pico De Gallo [Fresh Tomato, Fresh Spanish Onion, Fresh Coriander, Lemon Juice, Salt], Lemon Juice, Salt, Fresh Jalapeno].
Scrambled Eggs (Breakfast Only)	Free Range Eggs, Milk, Butter, Salt.
Shredded Beef Brisket	Beef, Marinade [Water, Vinegar, Soybean Oil, Orange Juice Concentrate, Powder Achiote Seed, Salt, Spices (Marjoram, Oregano, Black Pepper, Clove, Cumin, Thyme), Garlic, Guajillo Chilli, Onion, Modified Corn Starch (Distarch Phosphate), Natural Food Acid (Citric Acid, Tartaric Acid)], Salt, Seasoning (Maltodextrin (Maize), Spice Extract (Pepper), Vegetable Extract (Garlic), Tapioca Flour.
Slow Cooked Pork	Pork, Sugar, Salt, Onion Powder, Seasoning (Maltodextrin (Maize), Salt, Spice Extract (Pepper), Vegetable Extract (Garlic), Marinade [Water, Vinegar, Sugar, Chilli (Chipotle, Red Jalapeno, Ancho, Guajillo), Salt, Onion, Garlic, Modified Corn Starch (Acetylated Distarch Adipate), Tomato Paste, Thickener (Xanthan Gum), Spices (Black Pepper, Bay Leaf, Oregano)].
Smoky Chipotle Salsa	Water, Vinegar, Sugar, Chilli (Chipotle, Red Jalapeno, Ancho, Guajillo), Salt, Onion, Garlic, Modified Corn Starch (Acetylated Distarch Adipate), Tomato Paste, Thickener (Xanthan Gum), Spices (Black Pepper, Bay Leaf, Oregano).
Sour Cream	Milk, Cream, Milk Solids, Culture.
Sourdough (Breakfast Only)	Flour, Yeast, Salt, Water.

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Spicy Sauce	Water, Vinegar, Chilli (Chipotle, Arbol, Ancho, Guajillo), Sugar, Soybean Oil, Salt, Tomato Paste, Onion, Garlic, Modified Corn Starch (Distarch Phosphate), Natural Food Acid (Tartaric Acid), Spices (Clove, Parsley, Oregano, Thyme, Bay Leaf, Marjoram).
Tomatillo Salsa	Tomatillo, Onion, Poblano Chilli, Coriander, Salt, Natural Food Acid (Tartaric Acid), Garlic.
White Rice	Water, White Rice, Canola Oil, Vegetable Stock [Southern Ocean Sea Salt, Maize Maltodextrin, Cane Sugar, Yeast Extract, Vegetable Powder (Onion, Spinach, Garlic and Celery), Natural Vegetable Flavours, Canola Oil, Extra Virgin Olive Oil], Salt.

CAFE HOLA - BEVERAGES STANDARD INGREDIENTS



Hot beverages with any milk may contain milk, soy, almond and gluten. Contact between other ingredients may occur when your order is prepared. This is not shown in the below information.

We cannot guarantee that a menu item is free from an ingredient.

KEY:
X Denotes ingredient in menu item

	ESPRESSO & RISTRETTO	MACCHIATO	LONG BLACK	CAPPUCCINO	LATTE & FLAT WHITE	MOCHA	HOT CHOCOLATE	BABYCHINO
Coffee	X	X	X	X	X	X		
Milk (or alternative)		X		X	X	X	X	X
Chocolate Powder				X		X	X	X

CAFE HOLA - BEVERAGES ALLERGEN AND DIETARY INFORMATION



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	ADDED SULPHITES	GLUTEN	CRUSTACEAN	EGG	MILK / DAIRY	PEANUTS	SESAME SEEDS	SOY #	TREE NUTS	LUPINS
Caramel Coffee Syrup										
Chocolate Powder		~			TRACE*			TRACE*		
Coffee										
Full Cream Milk		~			X			~	~	
Hazelnut Coffee Syrup									X	
Oat Milk		X			~			~	~	
Skim Milk		~			X			~	~	
Soy Milk		~			~			X	~	
Sugar Syrup										

VEGETARIAN	VEGAN
	NO
	NO
	~
	NO
	~

CAFE HOLA - BEVERAGES INGREDIENT LISTS



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Caramel Coffee Syrup	Raw Sugar, Water, Natural Flavour, Citrus Extract, Food Acid (Citric Acid).
Chocolate Powder	Cane Sugar, Cocoa Powder.
Coffee	Coffee Beans.
Full Cream Milk	Whole Milk.
Hazelnut Coffee Syrup	Raw Sugar, Water, Natural Flavours, Citrus Extract, Food Acid (Citric Acid).
Oat Milk	Filtered Water, Ground Oats, Minerals (phosphorus, calcium), Sunflower oil, Canola oil, Sea Salt.
Skim Milk	Skim Milk, Milk Solids.
Soy Milk	Filtered Water, Organic Whole Soybeans, Tapioca Syrup, Sea Salt, Job's Tears (Hatomugi Powder), Calcium Carbonate.
Sugar Syrup	Raw Sugar, Water, Citrus Extract, Food Acids (Citric Acid, Sodium Citrate).



Information is based on standard products and supplier information, current at July 20, 2026.
Ingredients changes may occur before this information is updated. If you have any specific requirements or questions please contact us on feedback@gyg.com.sg